Inspiring Quotes by Morris Krok

- By attending to the excretion and elimination of unwanted substances is the first step to good health.
- The greatest or most important health step that one can take is to put the body into an extended and deep elimination mode - to eliminate everything that is unwanted and obstructing the functions of the body.
- When the body is thoroughly cleansed and magnetized by the power of breath, the mind becomes calm, insight is enhanced and there is greater harmony in the entire system.
- The body must be cleansed from the filth of civilized food so that the flow of innovation and inspiration is not impeded.
- Man is suffocating, suffering and sinking, in a swampy sea of saturating, silting, sticky, slippery, sloppy slicks of sludgy slime.
- Cleanse the system so that purified mind is forever inspired.
- Miracles are wrought on an empty stomach.
- Good habits last a lifetime, bad habits are short-lived, you won't live long enough to enjoy them.
- He who loves his stomach does not love his life.
- Health is the balance between assimilation and elimination.
- Eyes must sparkle with the laughter of inner cleansing.
- Truth comes in small segments to one who is attuned.
- More murders are enacted in the kitchen than anywhere else.
- In ten minutes you can eat so badly that you will become an invalid for a week.
- Internal purification is best when we drink an abundance of light water for it to create a healing pressure as it flows through the body like a silken thread.
- A mind totally in harmony with a body functioning with rhythmic clocklike efficiency is something that man unknowingly is searching for.
- It has been truly said that magic is wrought on an empty stomach. For if the digestive tract is always stuffed with food, and the bloodstream saturated with food essence, breathing, nerve and blood circulation is impeded.
- To learn the truth listen to the sermon and song of an old and trusty preacher - nature. It is everything that is logical, simple, effective, intelligent and powerful; but it will not be denied by man-made philosophies, religions, commercialism and laboratory produced substances.
- One obtains the best results from food eaten when all the previous meals have been well assimilated and its residues have been eliminated from the body. As it is written in the New Testament do not put new wine into old skins.
- Though not generally accepted, illness is fed by what we imbibe through the air, from the food and liquids we take. Conversely, as illness, including germs and viruses cannot live in a clean environment, the solution is to abstain from food for a while and replace it with large amounts of clean water to purify the entire system.
- In the same way that hunger or thirst cannot be appeased by one meal or one glassful of water during our lifetime, so health and fitness cannot be stored. It has to be earned by rational living

every day of our life.

- When we can breathe deeper and slower, its effect on the mind is so pronounced as it releases life's treasures, not of coins and gems but of effulgent, lucid and clear thinking.
- You can eat enough of the wrong foods in ten minutes to make you an invalid for a week. As one meal takes 24 hours or more to be fully digested and for its residues to be eliminated, the body can feel the harmful effects for that length of period.
- There is no more satisfying way of living than by refraining from food and also drink if we are not hungry or thirsty. With a little discipline in this regard and providing we choose natural food when we do eat, we will become less body conscious as our mind can now function with all the freedom in creative endeavours and our everyday tasks.
- Man will only to realize the truth about illness and health, something that has evaded him since the dawn of time and which he still has not accepted, by placing himself on a thorough internal elimination regime. It makes no difference what his illness is called and he can even be a so called healthy person. They will be shocked by the unceasing flow of unwanted toxic and slimy matter that is excreted from every aperture of their body. It is amazing that this truth was understood by the ancient yogis of India and their method the six shatkarmas is perhaps the greatest legacy that the old world has bestowed on contemporary man.
- Life is breath and breath is life. Accordingly it is more a breathing mechanism than anything else. It is certainly the body's most predominating feature.
- Man reaches his full potential when our consciousness is bathed with innovative inspiration delightfully experienced with each breath.
- When you are attuned in this way, and as you grow in awareness of life's infinite range of logical and intelligent segments, truth will be forever your companion. It is out of this never exhausting supply that man has discovered and invented what he has or has streamlined the way he does things.
- Thinking after gathering all the relevant facts, and allowing the subconscious to weave its unique brand of magic, is waiting for that gleam of light to flash on the mind which it usually does unexpectedly.
- The easiest way to achieve success is to find a simple formula, easy to keep uppermost in the mind and perform. In the search for higher health, waiting for natural hunger and thirst, even if we do not imbibe anything for the entire day fits this bill perfectly. When the inner activities of the body do not always have to contend with the intake of food, it can perform its higher duties more efficiently. It is therefore, true that one is more satisfied when this rule is followed as it concurs with the axiom that magic is wrought on an empty stomach.
- Language is magical because it it is the only thing that can express or capture consciousness and awareness our most prized possession — the meanderings of the mind, the fleeting and frail ethereal essences called thought and thinking that unceasingly flow in diverse and unexpected ways.
- The mind cannot be forced but it can be fooled.
- A wise man learns from the mistakes of others; a fool doesn't even learn from his own.
- After gathering all the relevant information, thinking is waiting for the subconscious to weave its unique brand of magic by flashing solutions unexpectedly on the mind.
- Outwardly you will be silent, but within your master will speak to you in the voice of a roaring rapid and resounding waterfall.

- Nothing is more detrimental to man's advancement and well-being than an untruth which is given authoritative approval.
- We shall continually chant so that we and our children shall never forget that we are sons of the morning, children of the light.
- Knowledge is light but knowledge from light is most revealing of all.